


Kit Carson County



*2013 Community Health Status Report
&
Public Health Improvement Plan
2013-2017
Kit Carson County Public Health*

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Acknowledgements



The Kit Carson County Public Health Improvement Plan is a collaborative effort of many organizations and providers in the community committed to improving the health of our residents. We would like to thank our partners and residents for their input, expertise, and support. The following individuals and organizations have participated in the development of this plan and will play a key role in its implementation.

- Kit Carson County Health Services District
- Grace Manor Care Center
- Centennial Mental Health
- The Medical Clinic
- WB Drug
- Cheyenne County Public Health
- Lincoln County Public Health
- Plains Medical Center
- Preventive Family Dental Hygiene
- Isenbart Dental
- Burlington Family Dentistry

Executive Summary



The Kit Carson County Health and Human Services and our partners present a thorough community based plan for improving the health of Kit Carson County residents. The Public Health Improvement Plan (PHIP), a 2-year process, involved substantial and significant input from Kit Carson County Health Service District. The PHIP will be used by residents, community organizations, and leaders to facilitate positive and measureable changes in Kit Carson County.

The process to create the PHIP started after Colorado passed the 2008 Public Health Reauthorization Act. It involved gathering data, evaluating the current capacity of the public health system, and prioritizing action. This process was undertaken in consideration of other community efforts working to improve the lives and health of Kit Carson County residents and visitors.

After examining Kit Carson County's data and conducting a structured prioritization process, the community identified four priorities for enhanced focus over the next five years: substance abuse, obesity, tobacco, and unintended pregnancy. These priorities are directly aligned with Colorado's 10 Winnable Battles.


The following document outlines information relating specifically to Kit Carson County and the priority issues, and what the community will do to address these priorities. Goals, objectives, activities, and participating community organizations are detailed for each priority issue. The strategies and approaches were selected based on their proven ability to impact change.

It will take the entire community, as well as each individual, to make a difference and create a healthy community for Kit Carson County residents to live, learn, and play. No single organization has the resources necessary to improve the significant issues outlined in this plan. As such, this plan represents the coordinated efforts of a communitywide movement.

Multiple agencies, organizations, and individuals were involved in work teams and committees that ensured the success of the community health assessment and creation of the PHIP. The goal is to capitalize on available resources and coordinate efforts to increase the efficiency and effectiveness of our public and environmental health initiatives.

For more information or to become involved, contact Vicky Kosch, BS, RN at Kit Carson County Health and Human Services.

The Process



Phase I of the assessment work began in March 2012. Activities included identifying team members and partners within the community to help initiate a thorough community health assessment. Some of the partners identified were CDPHE/CHAPS program, KCCHSD-Kit Carson County Health Service District, Grace Manor Skilled Nursing Facility, Centennial Mental Health, and Colorado Rural Health Center (STRIDES process), along with the Medical Clinic. Through this identification process and meeting with various entities, KCCHSD showed the most interest and collaborative efforts, as they chose to participate in efforts to complete a health assessment. CHAPS program designees provided invaluable online training tools and helped to provide instruction as the process began. This also began the development of utilizing two different community health assessment surveys. KCCHHS Director, Kindra Mulch, BSN, RN, met several times with two of the other rural counties involved in completing their community health assessment: Linda Roth, RN- Cheyenne County Public Health Director, and Sue Kelley, RN- Lincoln County Public Health Director. A strategic plan was developed to implement the CHAPS survey and postcards requesting contact information were mailed to the public. KCCHHS feels that this step was critical in receiving responses. The local contact information was a critical component to the success of the survey. All survey's were mailed out by the CDPHE/CHAPS department and were received and tabulated by the CHAPS staff.

Beginning in May 2012, Phase II of the assessment work began by identifying people throughout the community who would be willing to participate in formalized focus groups. Members of the community were personally contacted and informed of the assessment process. Emphasis was placed on the importance of attendance to all four focus group meetings. Participants were informed their input and assistance with helping to identify needs within the communities of Kit Carson County was crucial and would be prioritized in the action plan. These individuals were also educated of the rationale behind the importance of completing two different surveys.

During Phase III, another survey was mailed out after several attempts at deciding the best way to approach the questions. At this point, the assistance of Clint Cresawn, employee of Colorado Rural Health Center (CRHC), was invaluable. He was able to provide assistance in using non-swaying verbiage to compose the questions. This survey was mailed through the postal service, handed out at numerous group settings, and was also available online for completion. Time was utilized to educate the focus group participants about what the survey had shown, and then brainstorm possible solutions that might be implemented to enhance these efforts to educate the community about health issues in Kit Carson County. During this time and process there were several telephone conferences that were held with CHAPS program leaders to keep everyone abreast and informed about where the project was currently at and if any assistance could be provided.

Phase IV began in September 2012 by meeting with the focus group for the final session. The STRIDES process was completed and three areas of concern were identified for Kit Carson County residents. Kit Carson County Health Service District and local public health partners rationalized a commitment to working to enhance services. STRIDES identified three areas of focus:

- Keeping local dollars local
- Proliferating the enhancement of women's health service clinics
- Care for elders

Kit Carson County has a significant rate of individuals outsourcing their healthcare dollars to Front Range Hospitals. The group will be contemplating the best way for the community to keep healthcare local. As a frontier community, it is imperative for the survival of the health care community. This also indicated that many of the female residents travel out of the county for mammograms, health care, and gynecologist services. It was a topic of concern by some that KCCHSD and KCCHHS have a leadership responsibility to enhance women's health services to include one-stop access to quality care to avoid the need to travel outside of Kit Carson County.

Another identified need was the possibility of residents receiving well child visits and immunizations at the same office visit so that residents did not have to schedule several appointments at the same office. Also noted was the fact that people would like to see expanded hours for clinics and services.

The last identified need through the STRIDES process was the lack of units in secure long-term care facilities for dementia issues that forced residents to be placed outside of the county. Kit Carson County was also shown to have a lack of long-term services for the elderly, such as adult daycare, which would provide value and quality of life for several families in the service district. Also identified were the need for more aging and adult services and increasing the community home-based care.


The CHAPS process identified areas of focus for future consideration, as well as the imminent needs noted previously. Obesity, chronic disease, radon, and hypertension were some of the identified areas of concern that KCCHHS could conceivably begin the process of affecting change and educational opportunities. It is of great pleasure to report that the CHAPS program had such a large quantity of completed surveys, which will reinforce the efforts to start the process of implementing programs to meet these areas of identified need.

The data is being analyzed and certain programs are gaining more attention, such as the chronic disease program. Participation is often unsteady and ideas are being generated as how to effectively increase participation in such programs. These ideas and findings will be submitted to the Kit Carson County Commissioners as recommendations for future programming/service needs and commensurate funding regarding implementation of various programs.

The focus groups were extremely helpful in unifying stakeholders in this process. The majority of people continued to attend all four sessions and contributed an abundant amount of thoughtful and insightful suggestions and ideas. It was great to have the public see the Local Public Health Association and the Hospital working together on the same project. The group believes the public felt they were a part of the solutions and problem solving- having input from the community is invaluable.

The survey findings were presented to KCCHHS employees at a recent staff meeting. It was a pleasure to have employee input. It was discovered that there is a wealth of knowledge within the staff that could help to formulate plans for future programs and education to the residents of Kit Carson County.

Community Description



Kit Carson County is located in northeastern Colorado on the Kansas border, as established in 1889. Kit Carson County covers a total of 2,163 square miles. Surrounding counties include those from Colorado and Kansas. The bordering counties in Colorado consist of Yuma, Washington, Lincoln and Cheyenne counties. The bordering counties in Kansas consist of Cheyenne and Sherman counties. Kit Carson County is the 18th most extensive of the 64 counties of the State of Colorado.

Table 1
Population of Kit Carson County

| Geographical Area | 2000 Census | 2010 Census | 2015 Projections | % Change from 2000 to 2010 | % Change from 2010 to 2015 |
|--------------------------|-------------|-------------|------------------|----------------------------|----------------------------|
| Kit Carson County | 8,011 | 8,270 | 8,530 | 3.1% | 3.0% |
| Colorado | 4,301,261 | 5,029,196 | 5,499,618 | 14.5% | 8.6% |

Source: U.S. Census Bureau, 2000 and 2010 Census population (www.census.gov [September 2011]); Community Sourcebook of Zip Code Demographics, 21st Edition, 2009, ESRI, ESRI 2000 census population and 2014 projected population; Department of Local Affairs 2015 projected populations (www.colorado.gov [September 2011]).

The Eastern Plains are part of the High Plains, which are the western most portion of the Great Plains. The region is characterized mostly by rolling plains and divided by the South Platte River and the Arkansas River Valleys. The Eastern Plains rise from approximately 3,400 feet at the Eastern border of Colorado with Kansas.

Named for the American frontiersman, Kit Carson, the county seat is in Burlington. There are six incorporated cities included in the geography of Kit Carson County: Flagler, Seibert, Vona, Stratton, Bethune, and Burlington. The county has a total area of 2,161.56 square miles of which 2,160.87 square miles is land and 0.69 square miles is water.

Table 2
Population for Kit Carson County by Race and Hispanic Origin

| Kit Carson County | White | Black | Native American¹ | Other² | Two or more Races³ | Totals | Hispanic Origins⁴ |
|--------------------------|--------------|--------------|------------------------------------|--------------------------|--------------------------------------|---------------|-------------------------------------|
| 2000 | 6,992 | 129 | 41 | 766 | 73 | 8,011 | 1,095 |
| 2010 | 7,316 | 225 | 59 | 557 | 113 | 8,270 | 1,574 |
| %Change | 4.4% | 38.2% | 30.5% | -37.5% | 35.4% | 3.1% | 30.4% |
| Colorado | White | Black | Native American¹ | Other² | Two or more Races³ | Totals | Hispanic Origins⁴ |
| 2000 | 3,560,005 | 165,063 | 44,241 | 419,765 | 122,187 | 4,301,261 | 735,601 |
| 2010 | 4,089,202 | 201,737 | 56,010 | 519,791 | 172,456 | 5,029,196 | 1,038,687 |
| %Change | 12.9% | 18.2% | 21.0% | 19.6% | 29.1% | 14.5% | 29.2% |

Source: U.S. Census Bureau, 2010 Census population (www.census.gov [September 2011]).

¹Native American includes American Indians and Alaska Natives.

²Other is defined as Asian Americans, Native Hawaiians, Pacific Islanders, and all others.

³Two or more races indicate a person is included in more than one race group.

⁴Hispanic population is not a race, but rather a description of ethnic origin; Hispanics are included in the five race groups.

Kit Carson County was once home to many Native American tribes: Arapahoe, Cheyenne, Kiowa, Pawnee, and Sioux. The Ute people formally ruled all over Central and Western Colorado and onto the Eastern Plains.

Kit Carson County is a semi-arid climate and receives very little rainfall. Much of the area relies on irrigation to survive. Summers are typically hot and dry and raise severe thunderstorms with occasional tornadoes. The winters are cold and dry with significant snowfalls and icy conditions.

Table 3
Population of Kit Carson County by Age Groups

| Kit Carson County | 0-14 | 15-19 | 20-24 | 25-44 | 45-64 | 65+ | Total |
|--------------------------|-------------|--------------|--------------|--------------|--------------|------------|--------------|
| 2000 | 1,725 | 606 | 409 | 2,321 | 1,779 | 1,171 | 8,011 |
| 2010 | 1,506 | 510 | 447 | 2,230 | 2,255 | 1,322 | 8,270 |
| %Change | -14.5% | -18.8% | 8.5% | -4.1% | 21.1% | 11.4% | 3.1% |
| Colorado | 0-14 | 15-19 | 20-24 | 25-44 | 45-64 | 65+ | Total |
| 2000 | 917,430 | 307,238 | 306,238 | 1,400,850 | 953,432 | 416,073 | 4,301,261 |
| 2010 | 1,025,217 | 339,475 | 348,615 | 1,425,922 | 1,340,342 | 549,625 | 5,019,196 |
| %Change | 10.5% | 9.5% | 12.2% | 1.8% | 28.9% | 24.3% | 14.5% |

Source: U.S. Census Bureau, 2010, Census population (www.census.gov [September 2011]).

Table 4
Demographic Distribution of Kit Carson County and Colorado, 2010

| | | Kit Carson County | Colorado |
|------------------------------------|--------------------------------|--------------------------|-----------------|
| <i>Gender</i> | | | |
| | Male | 56% | 50.1% |
| | Female | 44% | 49.9% |
| <i>Age (years)</i> | | | |
| | 0-19 | 24% | 27.0% |
| | 20-44 | 33% | 35.1% |
| | 45-64 | 27% | 26.6% |
| | 65+ | 16% | 11.3% |
| <i>Race & Ethnicity</i> | | | |
| | White, non-Hispanic | 77% | 70.8% |
| | White, Hispanic | 18.5% | 18.9% |
| | Black | 3.0% | 5.0% |
| | Asian/Pacific Islander | 0.6% | 3.5% |
| | American Indian/Native Alaskan | 0.8% | 1.9% |

The original settlers of Eastern Colorado were largely German immigrants who farmed in the area. Many of the family farms in the region are still operated by descendants of these immigrants. Kit Carson County is largely farmland with many small farming communities. The major cash crops are corn, wheat, hay, and soybeans. There is also significant livestock ranching and confined animal feeding operations. Most of the towns in the county have grain elevators and prominent water towers. Over 90% of the farms in Eastern Colorado are family farms.

Most small towns have their own schools and sports teams, however, there are cases where a single school is shared among surrounding towns such as Flagler, who combined with a Lincoln County School to become Arriba-Flagler School, and Hi-Plains, which was a combined school between the towns of Seibert and Vona. All schools are public schools with the exceptions of one private school, located in Burlington.

Social Determinants of Health



Economic Indicators

Economic indicators impact markets, economic performance, and predictions of future performance. Local economic indicators can include housing statistics, unemployment rates, and more. The estimated unemployment rate in 2010 for Kit Carson County, the State of Colorado and Nationally was 4.8%, 8.3% and 5.0%, respectively.

Free and Reduced Lunch Eligibility

The percentage of students enrolled in free and reduced lunch is often used as an indirect measure of poverty. In Kit Carson County, 55.3% of students were eligible for free and reduced lunch in 2010.

Food Stamp Recipients

In Kit Carson County, the percent of households that received food stamps was nearly 6.3% from 2006-2010. Currently, Kit Carson County reports 826 residents receiving food stamps, which is 10.5% of the resident households. Food stamp recipients spend their benefits to buy eligible food in authorized retail food stores.

Income

Median household income is defined as the combined income of any individual 15 years and over living in the household. According to the U.S. Census Bureau, the estimated household median income in Kit Carson County was \$39,498 per year from 2007-2011. Kit Carson County's income ranks far lower than the State average and other Colorado counties.

Education

Education is universally recognized as one of the most fundamental building blocks for human development and poverty reduction. The majority of students in Kit Carson County are enrolled in school, with the majority (31.2%) being enrolled in high school. The percentage of Kit Carson County residents age 25 years and older who have an associate's, bachelor's, or higher degree is 23.7%, compared to 44.2% for the State of Colorado as a whole (The American Community Survey, U.S. Census Bureau 2007-2011).

Graduation Rate

Kit Carson County has a high school completion rate of 94.4%, which is higher than the Colorado average of 77.3% and the Healthy People 2020 goal of 82.4% (Colorado Department of Education, 2011).

Poverty

Poverty is determined by the federal government using income and family size. The percentage of Kit Carson County residents who live below poverty level is 14%, which is not statistically significant compared to 13.4% for all Coloradans (U.S. Census Bureau, 2011). As of 2011, an estimated 19.6% of children under the age of 18 years in Kit Carson County were living below the federal poverty level, which is not statistically significant from the State of Colorado at 17.1% (U.S. Census Bureau, 2011).

Physical Environment



Built Environment

The built environment includes all of the physical parts of where humans live, work, and play. The built environment can influence a person's ability to access recreation and healthy foods. It can also impact environmental quality based on amount of radon and quality of water.

Access to Recreation

The availability of public exercise facilities and sufficient sidewalks can influence individuals' and communities' choices to engage in physical activity. Public exercise facilities are establishments engaged in operating fitness and recreational sports activities. The percentage of Region 5 residents, which include the counties of Kit Carson, Lincoln and Cheyenne, who have access to public exercise facilities in their neighborhood is nearly 55%. The percentage of Region 5 residents who have sufficient sidewalks or shoulders in their neighborhood is just over 40%.

Access to Healthy Foods

Kit Carson County is a rural county. There are 4 grocery stores located across the county. In 2009, approximately 90% of Region 5 residents say healthy foods are somewhat or very available in their neighborhood. At a rate of 3.5 healthy food outlets per 10,000 residents in 2009, Kit Carson County was rated at 3.5. At the same rate, fast food restaurants ranked 6.9 per 10,000 residents.

Safety

Conditions in Kit Carson County neighborhoods have major health effects. Social, physical, and economic features of neighborhoods have been linked to general health status, chronic conditions, health behaviors, death rates, and other risk factors. For example, environmental air quality and crime can be hazardous to health. These factors can also constrain the options and resources available to residents. An individual's motivation and ability to be physically active can be limited by living in a neighborhood that lacks safe recreational areas.

Violence and Property Crime Rates

In 2009, the adult violent crime and juvenile violent crime rates in Kit Carson County were double and triple the rate of Region 5, respectively, but less than the overall rate for the State of Colorado. Violent crime was defined as those that included arrests for murder and non-negligent manslaughter, forcible rape, robbery, and aggravated assault.

In 2010, the adult property crime rate in Kit Carson County was double the rate of Region 5, but half the rate of the State of Colorado. The juvenile

property crime rate in Kit Carson County was higher than Region 5, but much less than the State of Colorado, overall. Property crime was defined as those that included arrests for burglary, larceny-theft, motor vehicle theft, and arson.

Child Safety

From 2008-2010, the percent of parents who feel their child is safe in their community is statistically higher for Region 5 (99.6%) compared to the State of Colorado (94.3%).

Number of Liquor Stores

Alcohol advertising and access to alcohol can be influenced by the amount of liquor stores in a community. Studies indicate that overconcentration of liquor stores can increase the perceived lack of safety and limits workability in a community. In 2009, the rate of liquor stores per population in Kit Carson County is almost twice the rate of Region 5, but is the same as the rate for the State of Colorado.

Environmental Quality

Environmental quality encompasses both indoor and outdoor measures of health, including household hazards and water quality. These are important fundamentals for good health. Having safe food and water and maintaining healthy homes and businesses positively impacts health and quality of life.

Radon

Radon is a naturally occurring, odorless, invisible, radioactive gas that is listed as a Class “A” carcinogen. Radon can be found in outdoor air and indoor air of buildings and homes. Although radon has no odor or taste, and cannot be seen, it can still be a problem in the home. Radon can be found all over the world because it comes from the natural decay of uranium and radium in soil, bedrock, rocks, and water. Radon is the second-leading cause of lung cancer deaths in the United States, and the leading cause of lung cancer deaths among non-smokers.

The Environmental Protection Agency (EPA) recommends homes be mitigated if the radon level is equal to or above the action limit of 4 pCi/L (pico Curies per Liter). Prior to 2009, there were no household radon tests reported for Kit Carson County. From 2005-2009, 57.5% of the household radon tests performed in Region 5 resulted in radon levels above the action limit. For the State of Colorado, 49.4% of the household radon tests reported resulted in levels above the action limit.

Water

In 2009, 63.7% of Region 5 residents reported using a private well and 13.7% of the residents reported that bottled water is their primary home drinking water source. There are six community water systems in Kit Carson County. There have been seven health-based violations from four different systems, in which six have achieved compliance. These contaminants include coliform and nitrate. Insufficient testing of private source water systems limits generalized county analysis.

Table 5
Environmental Quality-Water

| Water System Name | Population Served | Primary Water Source Type | Health-Based Violation | Achieved Compliance | Contaminant(s) | Year of Violation(s) |
|-------------------|-------------------|---------------------------|------------------------|---------------------|----------------|----------------------|
| Bethune | 195 | Ground | 2 | 1 | Coliform (2) | 2011, 2007 |
| Burlington | 3625 | Ground | 1 | 1 | Nitrate (1) | 2010 |
| Flagler | 712 | Ground | 0 | 0 | | |
| Seibert | 193 | Ground | 1 | 1 | Nitrate (1) | 2010 |
| Stratton | 960 | Ground | 3 | 3 | Coliform (3) | 2002, 2003, 2007 |
| Vona | 96 | Ground | 0 | 0 | | |

In 2009, annual mean and maximum measurements of arsenic, haloacetic acids (HAA5), total trihalomethanes (TTHM), and nitrate concentrations in Kit Carson County community water systems were below the EPA maximum concentration limits.

Health Factors and Behaviors



A health behavior is described as an action taken by a person to maintain, attain, or regain good health and to prevent illness. Health behaviors reflect a person's health beliefs. Some common health behaviors are exercising regularly, eating a balanced diet, and receiving necessary vaccinations.

Nutrition

Nutrition is essential for growth, development, health, and well-being. Dietary factors are also associated with four of the ten leading causes of death: heart disease, certain cancers, stroke, and diabetes. Choosing a diet high in fruits and vegetables can help to improve health outcomes.

Eating Fast Food

Fast food restaurants typically offer meals high in fat and calories with low nutritional value. In 2009, 68.4% of adults in Region 5 reported eating fast food at least once per week, which was not statistically different from the State of Colorado at 64.4%. In 2009-2010, 68.1% of children, age 1-14, in Region 5 were reported to eat fast food at least once per week, which is higher than the percent for all of Colorado at 65.9%.

Eating Fruits and Vegetables

In 2012, 10.4% of Kit Carson County adults reported consuming at least five servings of fruits or vegetables per day. Kit Carson County was not statistically different from the 12.1% of the overall survey region, which includes Cheyenne, Kit Carson, and Lincoln counties. From 2008-2010, the percentage of children in Region 5, ages 1-14, who were reported to eating at least two servings of fruits and three servings of vegetables daily was 10.8%, which was similar to the State of Colorado, at 10.1%.

Physical Activity

Regular physical activity helps improve overall health and fitness, and reduces the risk for chronic diseases. It is recommended for adults to get a minimum of 30 minutes of moderate physical activity 5+ days per week, or a minimum of 20 minutes of vigorous physical activity 3+ days per week. In 2007 and 2009, 53.8% of adults reported attaining physical activity in Region 5, which was similar to 55.9% of Colorado adults, overall. In 2012, 72.2% of adults in Kit Carson County reported participating in any physical activity or exercises, excluding work, in the past 30 days. This percentage was lower than the overall survey region (Cheyenne, Kit Carson, and Lincoln counties) at 75.6%, with no statistical difference.

From 2008-2010, 35.9% of Kit Carson County adults, age 18+, reported to be physically inactive, which is not statistically different than Region 5 at 21.8%. However, Kit Carson County was nearly two times higher than the State of Colorado at 18.3%, also showing statistical significance.

Physical Activity for Children

Current physical activity guidelines for children involve at least 60 minutes or more of physical activity each day. Numerous studies have confirmed the positive effects of physical education and physical activity on school performance. According to the Colorado Department of Education's Coordinated School Health standards, it is beneficial for children to be more physically active throughout the school day. From 2009-2010, the percent of children who were reported to be physically active in

Region 5 was 41.2%, which was higher but not statistically different than the State of Colorado, at 33.8%.

From 2007-2009, over half, 54.4% of children, ages 1-14, in Region 5 were reported to watching TV/videos, playing video games, or playing on the computer for 2 hours or less per day, compared to 64% of children in Colorado. There was not a statistically significant difference between the regions.

Tobacco

Tobacco use is the leading cause of preventable illness and death in the United States. It causes many different cancers as well as chronic lung diseases such as emphysema and bronchitis, heart disease, pregnancy-related problems, and many other serious health problems.

Cigarettes

Approximately 20.6% of all adults, age 18+, in the United States smoke cigarettes. Cigarette smoking is one of the leading causes of preventable deaths nationally and accounts for approximately 443,000 deaths or 1 of every 5 deaths in the United States each year. Compared to surrounding counties, more adults (17.4%) smoke in Kit Carson County than the overall survey region (Cheyenne, Kit Carson, and Lincoln counties) (13.5%). This difference was not statistically significant. Neither Kit Carson County nor the overall survey region's percentages of adult current smokers were statistically significant compared to all of Colorado (16.9%).

In 2012, the majority (61.7%) of Kit Carson County residents reported having never smoked, and of those who reported smoking, 21.3% reported "no longer a current smoker", 5.9% reported smoking "some days", and 11.2% reported smoking "everyday." The percent of adults who have stopped smoking for 1+ days during the past 12 months was 40.5%.

Smokeless Tobacco

Smokeless tobacco, often referred to as snuff, is finely ground or shredded tobacco that is either sniffed through the nose or placed between the cheek and gum. It contains 28 cancer-causing agents and users have an increased risk of developing cancer of the oral cavity. In 2012, 83.5% of adults in Kit Carson County reported not using smokeless tobacco. Of the 16.5% who reported using smokeless tobacco, 12.5% reported using it "every day" and 4% reported using "some days." The percentage of daily smokeless tobacco users reported in Kit Carson County (12.5%) was lower than the overall survey region (Cheyenne, Kit Carson, and Lincoln counties) (15.9%), but the difference is not statistically significant.

Children and Tobacco

Between 2008-2010, the percentage of children, in Region 5, who rode in a car with someone smoking in the past 7 days, was reported at 11.1%. This

percentage is higher than the average for the State of Colorado, at 5.5%, which does not show statistical significance. There is also no statistical significance, between Region 5 (3%) and Colorado (3.7%), for the percentages of children who live in homes where someone had smoked over the last 7 days.

Pregnancy and Tobacco

Smoking during pregnancy can cause additional health problems, including premature birth, certain birth defects, and infant death. Between 2008-2010, 16.6% of women, in Region 5, reported smoking in the last trimester of pregnancy, which was higher than the State of Colorado, at 9.3%.

Skin Cancer

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. There are several ways in which to protect skin from UV radiation, including use of sunscreen, protective clothing, hats, and sunglasses. In 2006, Region 5 and Colorado had similar percentages of adults who reported always using sun protection, 35% and 37.4%, respectively. From 2009-2010, 64.9% of Region 5 children, ages 1-14, were reported to “always/nearly always” use a method of sun protection when outside for 15+ minutes on sunny days.

Injury

Every year, one in three adults age 65 and older will fall. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. In 2010, the percent of older adults who experienced a fall in the past three months was not statistically different between Region 5 (15.2%) and Colorado (17.1%).

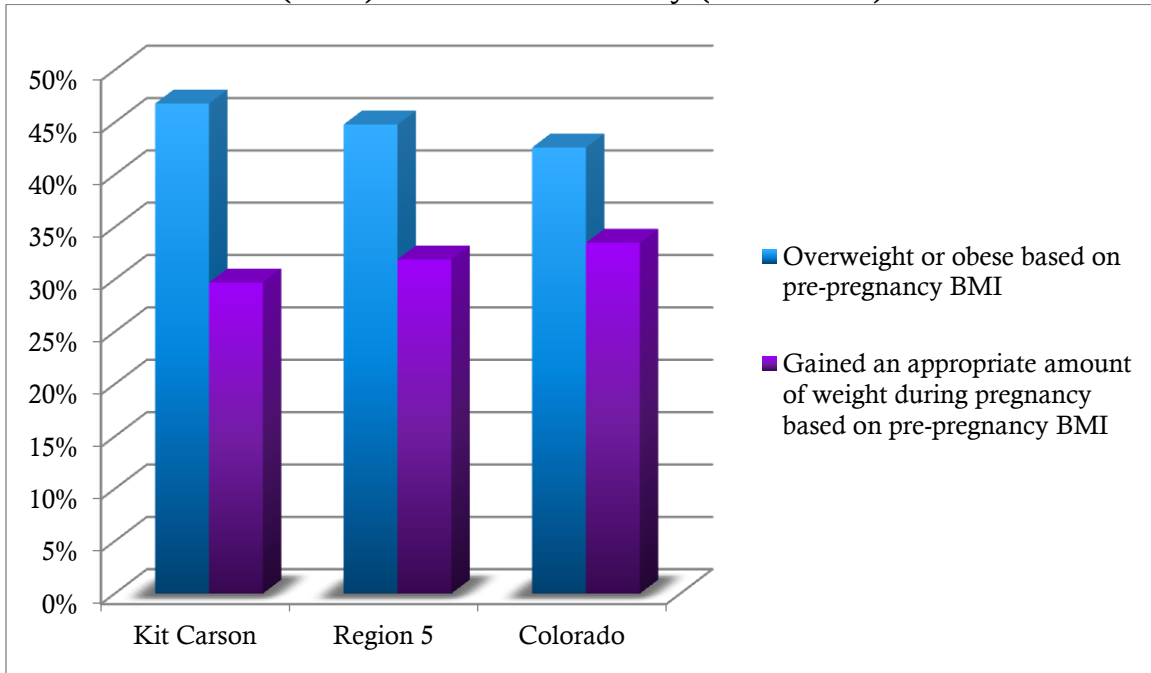
Sexual Health

Sexual Health in Kit Carson County continues to be an issue of concern to public health. Between 2008-2010, 34.2% of live births, in Region 5, were unintended. Teen fertility rates, which is the rate of live births to women age 15-17 per 1000 women aged 15-17 years, were not statistically significant in Kit Carson County (14.3) compared to Region 5 (7.9) and Colorado (19.7). The teen fertility rate in Region 5 was statistically significantly lower than the state. Increased maternal high-risk behaviors and factors, such as smoking and pregnancy weight gain, have been associated with unintended pregnancies as well as higher rates of poor health outcomes for the infant.

Table 6
Sexual Health Behaviors

| Health Behavior | Location | Year of Data | Percent | 95% Confidence Interval |
|--|----------|--------------|---------|-------------------------|
| High school students who have ever had sexual intercourse | CO | 2009 | 40.0 | (32.4-47.5) |
| Sexually active high school students using an effective method of birth control to prevent pregnancy | CO | 2009 | 74.4 | (70.3-78.6) |
| Sexually active adults (aged 18-44) using an effective method of birth control to prevent pregnancy | Region 5 | 2012 | 97.4 | (95.1-99.7) |
| | CO | 2010 | 77.8 | (74.8-80.8) |

Pregnancy Weight Gain Based on Pre-Pregnancy Body Mass Index (BMI) Kit Carson County (2008-2010)



Obesity

The United States continues to battle the rise in obesity among children, adolescents, and adults. Obesity can be challenging to deal with on a daily basis and is a major risk factor for other chronic conditions, Type 2 Diabetes, and certain types of cancer. Body Mass Index (BMI) is a widely used measure of unhealthy (over) weight, as defined by:

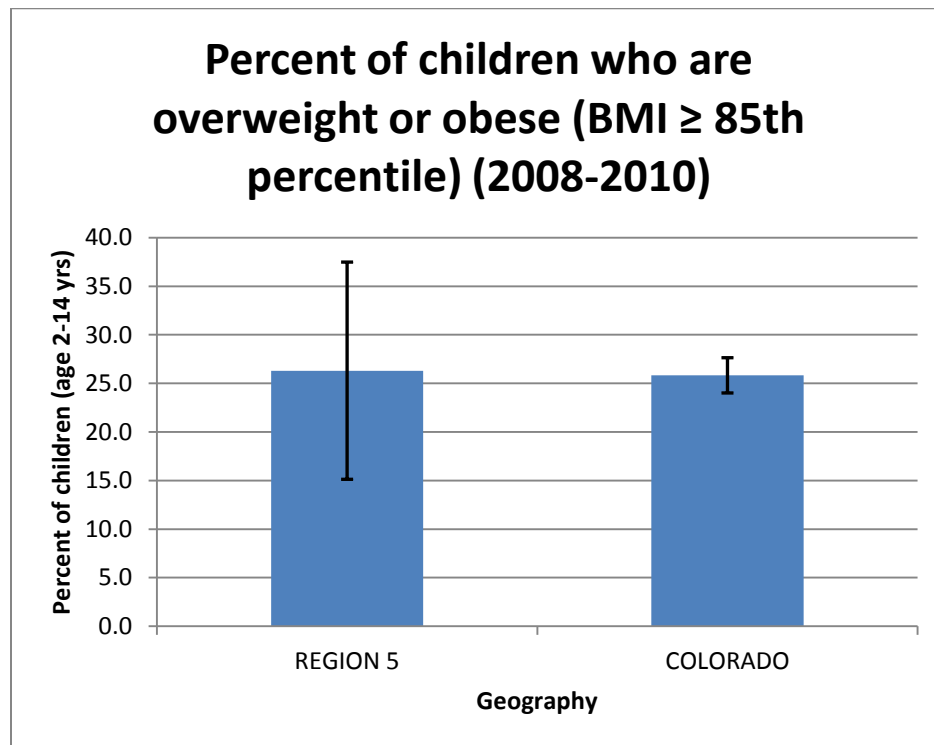
- A BMI of 25+ for adults
- A BMI at or above the 85th BMI-for-age percentile for children and adolescents

Adults Overweight / Obese

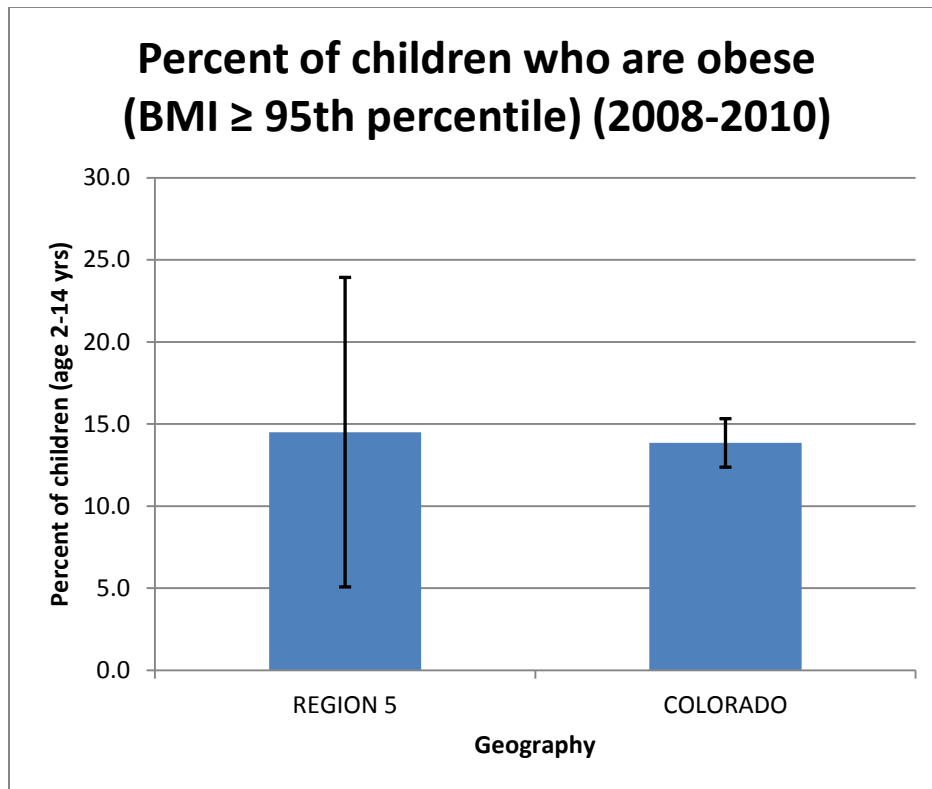
Compared to the State of Colorado (56.2%), the percentages of adults who were overweight or obese in Kit Carson County (70.4%) and Region 5 were statistically significantly higher in 2012. The percentage of adults who were obese (BMI ≥ 30) in 2012 was 27.6% for Kit Carson County and 19.8% for the State of Colorado. This difference is statistically significant.

Children Overweight / Obese

With obesity on the rise in children ages 2-14, many experts believe that today's generation of children may be the first to live shorter lives than their parents. From 2008-2010, 26.3% of children in Region 5 were overweight or obese (BMI $\geq 85^{\text{th}}$ percentile), compared to 25.8% of children in Colorado, showing no statistical difference.



The percentage of children who were obese (BMI $\geq 95^{\text{th}}$ percentile) from 2008-2010 was 14.5% for Region 5 and 13.9% for the State of Colorado. This difference is not statistically significant.



Children Underweight

Child malnutrition, as measured by poor child growth, is an important indicator for monitoring population nutritional status and health. Childhood malnutrition can include fetal growth restriction, suboptimum breastfeeding, stunting, and vitamin deficiencies. Although not statistically different, Region 5 reported 6.1% of underweight children (BMI < 5th percentile), compared to the State of Colorado at 11.1% from 2008-2010.

High Blood Cholesterol

In 2012, 28.8% of Kit Carson County adults had their blood cholesterol screened and were told by a health professional that they had high blood cholesterol. The percent in Kit Carson County was not statistically different from the overall survey region, Region 5, which was 30.2%. Both Kit Carson County and Region 5 were statistically significantly less than the State of Colorado, at 34.4%.

High Blood Pressure

High blood pressure, also known as hypertension, is a widely misunderstood medical condition. In 2012, the percentage of adults in Kit Carson County who reported having high blood pressure was 39.2%, which was statistically significantly higher than the State of Colorado, at 21.8%.

Behavioral Health



Mental Health Status

Mental health is how we think, feel, and act as we cope with life. It also helps determine how we handle stress, make choices, and relate to others. Mental health is important throughout life, from childhood and adolescence through adulthood.

Mental Health Diagnosed Hospitalizations

The age-adjusted rate of mental health hospitalizations for Kit Carson County was 1810.6 per 100,000 population. Kit Carson County's rate was statistically significantly lower than both Region 5 (2410.9) and the State of Colorado (2943.7). Mental health hospitalizations included psychoses, organic psychotic conditions, other psychoses, neurotic disorders, personality disorders, and other nonpsychotic mental disorders and mental retardation.

Behavioral/Mental Problems in Children

In 2008 and 2010, 21.1% of parents reported behavioral/mental health problems in children, ages 1-14 years. This percentage was similar to the State of Colorado, at 23.1%.

Depressive Disorders

In 2012, 16.9% of adults in Kit Carson County reported having ever been told by a health professional that they had a depressive disorder. There was no statistical difference compared to Region 5.

Centennial Mental Health Center

Centennial Mental Health Center (CMH) is a non-profit organization dedicated to providing the highest quality comprehensive mental health services to the rural communities of northeastern Colorado. CMH is Kit Carson County's statutory Behavioral Health Organization (BHO). The entire State of Colorado is covered by 5 BHO's, who serve as the behavioral health system for the Medicaid population, as well as the community. CMH is dedicated to maintaining communications with the public, participating actively in the community, and believes clients are best served through collaboration. They have the responsibility to have a 24/7 system of behavioral health for Coloradans. From 2010-2011, there were 31.8 people served per 1,000 population at CMHC in Kit Carson County.

Substance Use and Abuse

Substance abuse is defined as a set of related conditions associated with the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems.

Binge Drinking

Binge drinking is the most common pattern of excessive alcohol use in the United States. The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood and alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. In 2012, Kit Carson County reported that 40.8% of adults stated they had participated in binge drinking in the past month

Using Prescription Drugs for Non-Medical Indications

In 2012, 6.1% of adults in Kit Carson County reported using prescription drugs for non-medical indications over the past year. This was statistically significantly higher compared to other drug usage. Also in 2012, 5.1% and 5.7% of Kit Carson County adults reported using illicit and over-the-counter drugs, respectively, for non-medical indications over the past year.

Access, Utilization, and Quality of Life



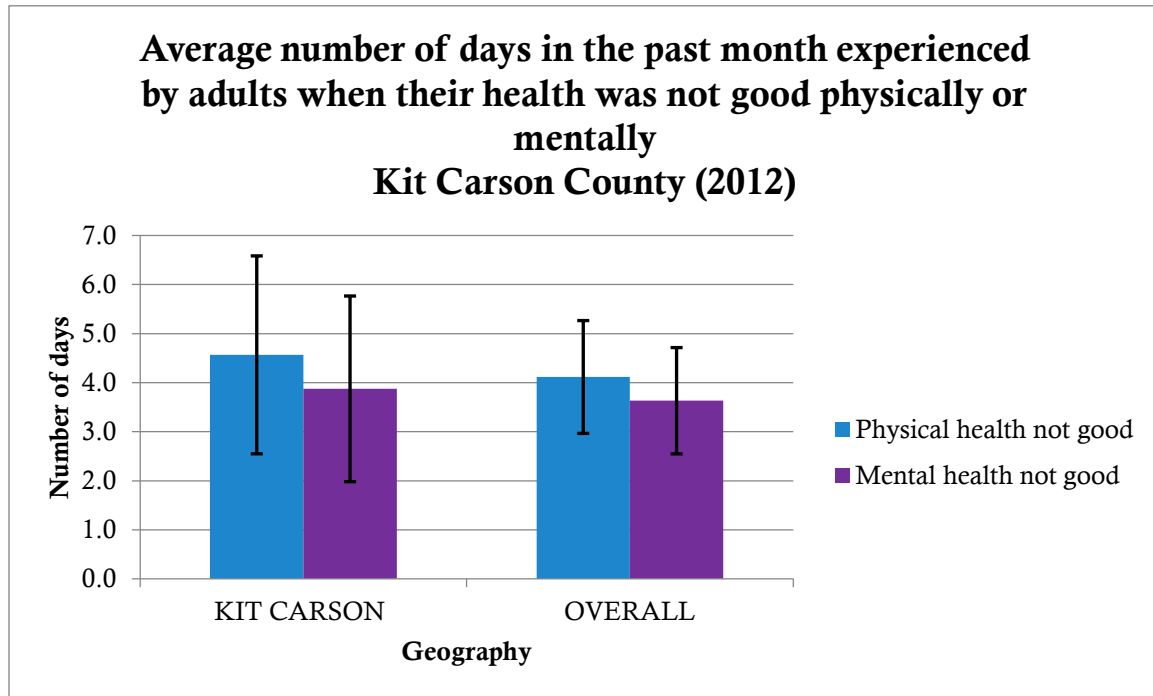
Quality of Life

In 2012, 13.3% adults (age 18+) in Kit Carson County reported their general health was fair or poor. In comparison to Region 5 and the State of Colorado, there is no statistical difference, at 13.1% and 12.5%, respectively. The average number of days of poor physical health experienced by Kit Carson County adults was 4.6 of the last 30 days. The average number of days of poor mental health for Kit Carson County adults was 3.9 of the last 30 days. Kit Carson County was statistically different than Region 5 for the number of days due to physical health (4.1) or mental health (3.6). There were also no statistical significant differences compared to the State of Colorado.

The average number of days experienced by adults, age 18+ years, of poor physical or mental health that kept them from usual activities in Kit Carson County was 4.3 of the past 30 days. There was no statistical difference compared to Region 5, with 3.5 days. In Kit Carson County adults age 65+ years were not statistically higher compared to all adults 18+ years. There were no statistical differences for either age group between Kit Carson County and Region 5. There were also no statistical differences compared to the State of Colorado for adults 18+ years (3.6 days) or adults 65+ years (5.2 days).

From 2008-2010, the percentages of adults reporting satisfaction with their life in general were similar between Kit Carson County (97.9%), Region 5 (97%) and the State of Colorado (95.6%). The percent of parents of children, ages 1-14 years, who

reported their child's general health as fair or poor was 1.6%, which did not statistically differ from the State of Colorado, at 2.9%.



Access to Care

Facilitating access is concerned with helping people to command appropriate health care resources in order to preserve or improve their health.

Received Needed Care

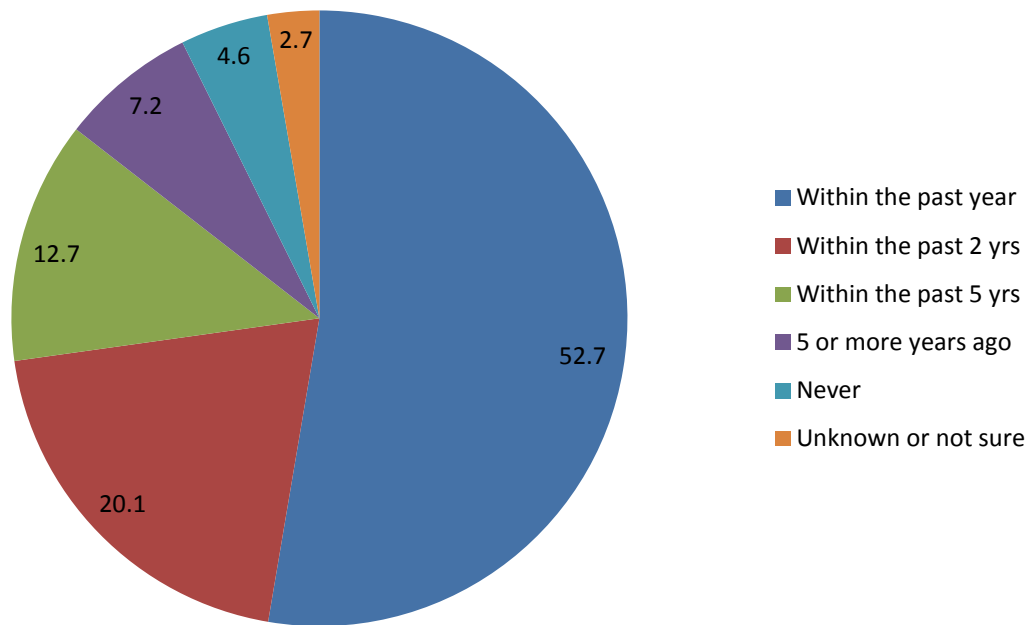
Received needed care can range from oral health to prenatal health. From 2008-2010, the percentage of women who received adequate prenatal care was statistically significantly higher for Kit Carson County (81.7%) compared to Region 5 (71%) and the State of Colorado (60.1%). Region 5 was statistically higher than the State of Colorado.

Preventive Care

In 2008 and 2010, 53% of adults in Region 5 reported having a colonoscopy within 10 years, a sigmoidoscopy within 5 years, or a fecal occult blood test (FOBT) within the last year. Region 5 was statistically significantly less than the State of Colorado, at 63.6%.

In 2012, 52.7% of Kit Carson County adults reported having a routine checkup in the past year. It was reported that 11.8% of Kit Carson County adults had either never had a check up or it had been over 5 years since their last routine check up.

Percent of adults by length of time since last routine checkup Kit Carson County (2012)



Also in 2012, 42.1% of all adults in Kit Carson County reported receiving their flu shot during the past year. For the adults who reported receiving flu shots, 37.3% of adults in Kit Carson County reported receiving a flu shot at a doctor's office or HMO. The second most common place reported was the KCCHHS (20.8%).

Health Insurance Coverage

Kit Carson County has a higher percent of children eligible, but not enrolled (EBNE), for Medicaid (MCD) (14.4%) compared to the State of Colorado. The percent of EBNE for CHP+ is lower in Kit Carson County compared to both Region 5 and Colorado. It was reported that 28.3% of working-age adults (ages 19-64 years) are EBNE for Medicaid in Kit Carson County. There are 342 children (<19 years) and 1,702 adults (18-64 years) without any health insurance coverage in Kit Carson County.

Table 7
Health Insurance Coverage

| Health Insurance Coverage (2009) | Kit Carson County | Region 5 | Colorado |
|---|-------------------|----------|----------|
| % Children (0-18) EBNE in MCD | 14.3 | 19.7 | 13.3 |
| % Children (0-18) EBNE in CHP+ | 29.5 | 46.0 | 37.2 |
| % Working-age adults (19-64) EBNE in MCD | 28.3 | 30.9 | 28.0 |
| #Children (<19) w/o health insurance coverage | 342 | 1133 | 132676 |
| #Adults (18-64) w/o health insurance coverage | 1702 | 5047 | 637357 |

Provider Availability

Provider availability is a huge factor of access to health care. If providers are not available, the population may have to travel long distances to receive health care or they may not receive necessary health care at all. In 2012, 85.7% of adults in Kit Carson County reported having one or more regular health care providers, compared to 79.3% in Region 5. It was also reported that 14.3% of adults in Kit Carson County do not have a regular health care provider.

**Percent of adults who have regular health
care providers
Kit Carson County (2012)**

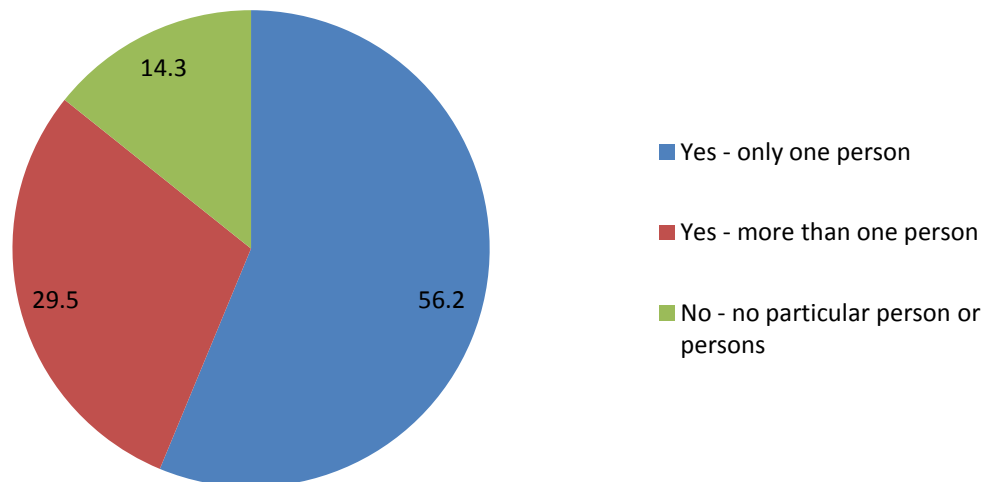


Table 8
Provider Availability

| Number of safety net providers Kit Carson County (2011) | Number |
|--|--------|
| Community Health Centers | 1 |
| Community Mental Health Centers | 1 |
| Community-Funded Safety Net Clinics | 0 |
| Community-Based Dental Health Clinics | 2 |
| Emergency Departments | 1 |
| Local Public Health Departments and Public Nursing Services | 1 |
| Rural Health Clinics | 2 |
| School-Based Health Centers | 0 |

Population Health Outcomes in Kit Carson County



Morbidity

Morbidity is another term used for illness. A person can have several co-morbidities simultaneously. Morbidities can range from Alzheimer's disease to cancer to traumatic brain injury. Morbidities are not deaths.

Arthritis

Striking one of every five adults and 300,000 children, arthritis is the leading cause of disability in the United States. In 2012, 29% of Kit Carson County adults reported having arthritis. Kit Carson County was statistically higher than the State of Colorado at 23.9%.

Cancer

Cancer is a general name for more than 100 different types of diseases that can affect a human body. These cells grow out of control in the body and, if left untreated, can cause serious illness and even death. From 2006-2008, the age-adjusted incidence rate of invasive cancer was 407.4 per 100,000 population in Kit Carson County. This was not statistically different from the rate in Region 5 (420.9) or Colorado (440.6). Breaking down incidence rates by common types of cancer shows more specific statistics. From 2006-2008, the age-adjusted incidence rates in Kit Carson County for:

- Breast cancer among females
 - 156.3 per 100,000 females
- Prostate cancer among males
 - 137.4 per 100,000 males
- Lung/Bronchus cancer
 - 74 per 100,000 population

There were no statistical differences for any of the cancers between the geographies. Breast and prostate cancers had statistically higher incidence rates compared to colorectal and lung/bronchus cancers for both Region 5 and Colorado.

Diabetes

Diabetes, often referred to by doctors as *Diabetes Mellitus*, describes a group of metabolic diseases in which the person has high blood sugar, either because their insulin production is insufficient, or because their body's cells do not respond properly to insulin, or both. There are three types of diabetes: Type I, Type II, and Gestational Diabetes. In the United States, Type II Diabetes is the most common type with obesity being one of the primary contributors to the development of this disease. In the State of Colorado, from 2000-2010, the obesity rates have nearly doubled from less than 10% to over 20%. In 2012, Kit Carson County adults (5.9%) did not differ statistically in the percent of adults with diabetes compared to Region 5 (6.4%) or the State of Colorado (5.9%).

Heart Disease and Stroke

In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. The risk for CAD can be greatly reduced through lifestyle changes, and in some cases, medication. The age-adjusted rates of hospitalizations from heart disease and heart related diseases from 2008-2010 in Kit Carson County was as follows:

- Heart Disease
 - 2386.7 per 100,000 population
- Acute myocardial infarction (heart attack)
 - 195.7 per 100,000 population
- Congestive heart failure
 - 893.5 per 100,000 population
 - State of Colorado=776.3 per 100,000 population
 - Statistically lower than Kit Carson County and Region 5

In 2012, 1.5% of adults in Kit Carson County reported having ever had a heart attack, which was not statistically different from Region 5 (1.9%). Both Kit Carson County and Region 5 were statistically significantly less than the State of Colorado (3%). It was also reported that 1% of adults in Kit Carson County have ever had angina/coronary heart disease. Kit Carson County was not statistically different from Region 5 (2.1%), but was statistically lower than the State of Colorado (2.9%).

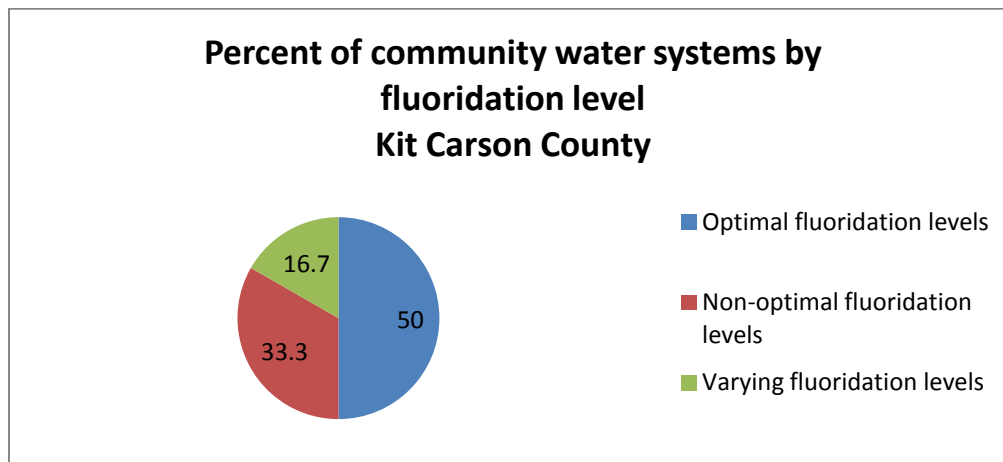
A stroke occurs when the blood supply to the brain is blocked or when a blood vessel in the brain ruptures, causing brain tissue to die. The age-adjusted rate of stroke hospitalizations from 2008-2010 in Kit Carson County was 189.4 per 100,000 population. This did not statistically differ from Region

5 (233.4). Both Region 5 and Kit Carson County were statistically significantly lower than Colorado (271.2).

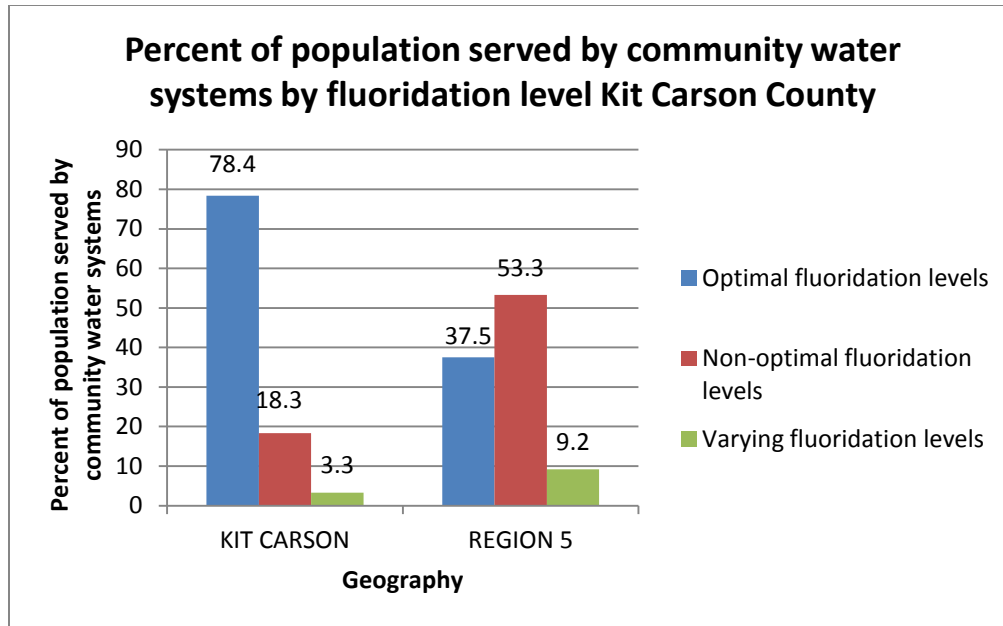
Oral Health

The importance of good oral health is vital to a healthy lifestyle. The relationship between oral health and overall health is often overlooked. In 2008 and 2010, over half (51.9%) of adults in Kit Carson County reported having lost teeth due to decay or periodontal disease, which did not statistically differ from Region 5 (39.5%), but was statistically significantly higher than the State of Colorado (35.6%). The ratio of population to practicing dentists in Kit Carson County was 2651:1 in 2007. The ratio in Kit Carson County was higher compared to Colorado (1835:1), meaning there were fewer dentists available per population in Kit Carson County than the State of Colorado.

For 65 years, community water fluoridation has been a safe and healthy way to effectively prevent tooth decay. The Centers for Disease Control and Prevention has recognized water fluoridation as one of 10 great public health achievements of the 20th century. Fifty percent of community water systems in Kit Carson County reported optimal water fluoridation levels. It was also reported that 78.4% of the population served by community water systems in Kit Carson County have optimal fluoridation levels.



The percent of population served by community water systems in Kit Carson County with optimal fluoridation levels (78.4%) was over twice the percent served by optimally fluoridated water from community water systems in Region 5 (37.5%).



Communicable Disease

Communicable diseases and incidence rates reported in Kit Carson County and/or Region 5 as early as 2008 cover a multitude of viruses and infections. Refer to Table 9 below for more detailed information.

Table 9
Communicable Disease Incidence Rates

| Communicable Disease | | Incidence Rate (per 100,000 population) | | Statistically Significant? |
|---|---------------|---|--------|----------------------------|
| Tuberculosis | | 4.1 | | No |
| AIDS | | No new cases | | No |
| HIV | | No new cases | | No |
| Chlamydia (Age 15-29 years) | | KCC | 753.5 | Yes- LESS in KCC |
| | | CO | 1597.2 | |
| Gonorrhea (Age 15-29 years) | | No new cases | | No |
| Pertussis | | 4.1 | | No |
| Chronic Hep. B | | 4.1 | | No |
| Food- or Water-Borne Borne Infections | Campylobacter | KCC | 52.9 | Yes- HIGHER in KCC |
| | | CO | 15.5 | |
| | E. Coli | 8.1 | | No |
| | Salmonella | 4.1 | | No |
| West Nile Virus | | 4.1 | | No |
| Influenza Hospitalizations (Age 65+ years) | | 50.1 | | No |

Birth Defects

The rate of major congenital anomalies in Kit Carson County, from 2008-2010, was 364.2 per 10,000 live births. This was not statistically significant compared to Region 5 (480.6) and Colorado (579.4). The percent of live births with low birth weight, in Kit Carson County (8.6%), was lower than Region 5 (9.3%) and the State of Colorado (8.8), but showing no statistical significance.

Injury

From 2008-2010, the age-adjusted motor vehicle accident injury hospitalization rate for Kit Carson County was 98 per 100,000 population. This was lower, but not statistically different than Region 5 (104.7), but similar to Colorado (84.1). The age-adjusted suicide hospitalization rate for Kit Carson County was 15 per 100,000 population. That rate in Kit Carson County did not statistically differ from Region 5 (37.9). The rates in Region 5 and Kit Carson County were statistically less than Colorado (57.9).

Mortality

Mortality is another term for death. A mortality rate is the number of deaths due to a disease divided by the total population.

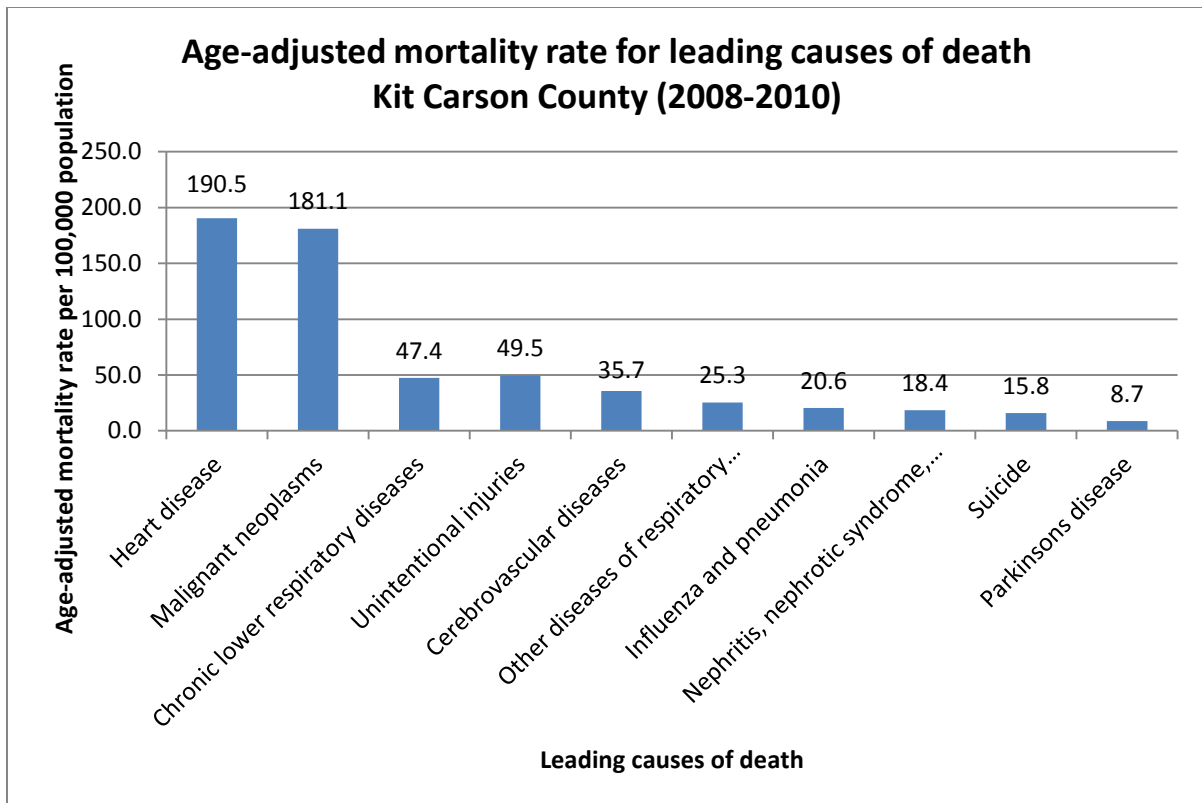
Infants

The infant mortality rate for Kit Carson County was 9.9 per 1,000 live births, from 2008-2010. There was no statistical difference compared to Region 5 (5.5) or Colorado (6.1).

All

The age-adjusted mortality rate for all causes of death in Kit Carson County was 738.5 deaths per 100,000 population. This was similar to Region 5 (681.5) and Colorado (701.8). The age-adjusted suicide mortality rates for Region 5 ranged from 10.8 to 22.8 per 100,000 population over the past 5 years. The only statistically significant yearly change in Region 5 was the increase in rates from 2007-2008 (10.8 to 20.7; respectively).

The age-adjusted mortality rates for the leading causes of death are shown below. The leading cause of death in Kit Carson County, from 2008-2010, was heart disease, which had an age-adjusted mortality rate of 190.5 deaths per 100,000 population. Heart disease was the 2nd leading cause of death in Colorado and had an age-adjusted mortality rate of 138.8 deaths per 100,000 population. The mortality rate for heart disease in Kit Carson County was statistically significantly higher than the State of Colorado.



The age-adjusted rate for all causes of year of potential life lost (YPLL) in Kit Carson County was 4574.6 YPLL per 100,000 population. This was statistically significantly higher than Region 5 (3468.1) and Colorado (3759.3). The leading cause of YPLL in Kit Carson County was congenital malformations, deformations, and chromosomal abnormalities with an age-adjusted rate of 959.2 YPLL per 100,000 population. Congenital malformations, deformations, and chromosomal abnormalities were the 6th leading cause of YPLL in Colorado (187.8) and were statistically significantly less than the Kit Carson County rate.

Colorado's Winnable Battles

Kit Carson County's priority areas of concern were chosen based on information gathered during the community health assessment with consideration of national and state health improvement goals. Kit Carson County's health concerns are aligned with the State of Colorado's 10 Winnable Battles Public Health Improvement Plan (PHIP). These priority areas were chosen with expectations and goals for progression in a positive direction, to help ensure improvement in both areas of focused and overall health for Kit Carson County residents.

Healthy People 2020 Objectives

Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For 3 decades, Healthy People has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across communities and sectors
- Empower individuals toward making informed health decisions
- Measure the impact of prevention activities

Healthy People 2020 continues in this tradition of its ambitious, yet achievable, 10-year agenda for improving the Nation's health. Below are specifics of Healthy People 2020 Objectives related to indicators presented in Kit Carson County's 2012 Health Status Report. Over the next five years, Kit Carson County Health and Human Services will evaluate successful attainment of Healthy People 2020 targets in association with the local health improvement initiative.

Substance Abuse

The goal of the Healthy People 2020 Substance Abuse initiative is to reduce substance abuse to protect the health, safety, and quality of life for all, especially children. Kit Carson County Health and Human Services (KCCHHS) will strive to achieve these goals at the county level by following the Colorado Health Assessment Planning System, also known as the CHAPS process. Utilizing partnerships with other Kit Carson County organizations and agencies, such as the City of Burlington, KCC Sheriff's Department, and Centennial Mental Health, KCCHHS will work to reduce the access, abuse and misuse of prescription drugs in Kit Carson County by supporting drug take back initiatives.

Tobacco

The goal of the Healthy People 2020 Tobacco Use initiative is to reduce illness, disability, and death related to tobacco use and secondhand smoke exposure. In order to improve on this initiative, KCCHHS will monitor and report amount of tobacco users in Kit Carson County through self-reporting, based on surveys handed out at health fairs, public schools, etc. KCCHHS will explore funding options for the local tobacco coalition and partnership with KCCHSD and other local providers.

Family Planning/Unintended Pregnancy

The goal of the Healthy People 2020 Family Planning initiative is to improve pregnancy planning and spacing, and prevent unintended pregnancy. The five-year goal for Kit Carson County is to reduce the incidence of unintended pregnancies in KCC through education and collaboration with community partners. KCCHHS plans to have gathered data, by December 2014, from Nurse Family Partnership and Pre Natal Plus programs to determine trends of unintended pregnancies in the county.

Nutrition and Weight Status/Obesity

The goal of the Healthy People 2020 Nutrition and Weight Status initiative is to promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights. KCCHHS plans to explore options and collaboration with local organizations, such as Prairie Family Center, to aide in the creation of local community gardens throughout Kit Carson County. Another action step to improve on this initiative will be to explore funding options for obesity and behavioral change support for Kit Carson County residents.

Table 10 below represents how top priority areas in Kit Carson County are in alignment with Colorado's Top 10 Winnable Battles.

Table 10
CO Winnable Battles & KCC Health Concerns

| CO-State Winnable Battles | Kit Carson County-Local Issues of Concern |
|--|--|
| Clean Air | |
| Clean Water | |
| Infectious Disease Prevention | |
| Injury Prevention | |
| Mental Health and Substance Abuse | Substance Abuse |
| Obesity | Obesity |
| Oral Health | |
| Safe Food | |
| Tobacco | Tobacco |
| Unintended Pregnancy | Unintended Pregnancy |

The Five-Year Public Health Improvement Plan



The Kit Carson County Five-year Community Health Improvement Plan was developed by Kit Carson County Health and Human Services. The Kit Carson County Plan was developed using the process and guidelines outlined in the Colorado Public Health Improvement Plan. CHAPS, which stands for Colorado's Health Assessment and Planning System, provides a standard mechanism for assisting local public health agencies and the Colorado Department of Public Health and Environment in meeting assessment and planning requirements.

In 2008, the Colorado Public Health Act was signed into law, calling for major reforms to the state's governmental public health system. The Act requirements include that State and local Public Health Improvement Plans (PHIPs) be developed

based on a community health assessment and capacity assessment every five years. These processes are included in CHAPS, each with its own phase. The current statewide public health improvement plan will provide development of the new local public health plans, which will then inform the development of the next statewide public health improvement plans within each five year planning cycle.

Improvement Plan Process

The development of Kit Carson County's Local Public Health Improvement Plan (LPHIP) acts to serve as a 5-year guide for public health, community and/or regional partners to improve the public health system and the population's health. With the four focus areas in mind, Kit Carson County hopes to connect common providers around shared issues, goals, objectives, and results. Kit Carson County Health and Human Services will facilitate a process to incorporate the four areas into a LPHIP. While developing Kit Carson County's LPHIP, work with other providers and other public health agencies in Region 5 to identify similarities and potential partnerships.

Priorities and Five-Year Goals

| Substance Abuse | Tobacco | Unintended Pregnancy | Obesity |
|--|--|---|---|
| <ul style="list-style-type: none"> •Reduce access and therefore, reduce misuse and abuse, of prescription drugs turned in through KCC by supporting drug take back initiative/program | <ul style="list-style-type: none"> •Reduce prevalence and incidence of people who use tobacco related products in KCC by supporting KCC tobacco coalition | <ul style="list-style-type: none"> •Reduce incidence of unintended pregnancies in KCC through education and collaboration with community partners. | <ul style="list-style-type: none"> •Reduce incidence and prevalence of obesity in KCC based on the Body Mass Index (BMI) |

Action Plans

Action plans were created with use of the CHAPS template. The following action plans detail the steps Kit Carson County Health and Human Services intends to take over the next five years. Implementation of the strategies listed in the action plan will not succeed without the involvement of community agencies and stakeholders. Additional identification and implementation of strategies will require ongoing partnerships and collaborations to address each priority area and set measurable goals. The implementation of strategies will be monitored yearly by KCCHHS. As certain health needs develop, resources and priorities may need to be re-evaluated.

Kit Carson County is committed to promoting and protecting public and environmental quality in the community. Please refer to Appendix A for more detailed information on the CHAPS Action Steps.

Appendix A

| CHAPS Action Plan I | | | | | |
|--|--|--|--------------------------|-----------------|--------|
| Kit Carson County | | | | | |
| PRIORITY: Behavioral Health- <i>Substance Abuse</i> | | STRATEGY: To support Federal and State Initiatives/Programs to decrease the misuse and abuse of prescription drugs | | | |
| Major Indicator: Monitor and report category and amounts of prescription drugs turned in through KCC take-back initiative/program | | | | | |
| Lead Entity: Kit Carson County Health and Human Services | | Supporting Entities: City of Burlington, KCC Sheriff's Department, Centennial Mental Health (CMH), KCCHSD, The Medical Clinic, KCC Pharmacy | | | |
| Five Year Goals | SMART Objectives | Action Steps | Organization Responsible | Completion Date | Status |
| Reduce access and therefore, reduce misuse and abuse, of prescription drugs in KCC by supporting drug-take-back initiative/program | By end of December 2015, create a 24/7 prescription drug drop-off collection in/across KCC | Collaborate with law enforcement and CMH regarding installation of 24/7 drug drop-off locations across KCC | KCCHHS | June 2014 | |
| | | Explore funding options for development of drop-off locations | KCCHHS | June 2014 | |
| | | Explore funding options for implementing prevention programs in KCC | KCCHHS | June 2014 | |

| | | | | | |
|--|---|--|--------|---------------|--|
| | By end of December 2017, monitor use of 24/7 prescription drug drop-off locations | Initiate discussion with local medical providers and pharmacists to streamline education on proper use/utilization of prescription drug drop-off locations | KCCHHS | December 2014 | |
| | | Develop a public awareness campaign for promotion of prescription drug drop-off locations for disposal of prescription drugs | KCCHHS | December 2017 | |
| | | Monitor and support Federal and State initiatives/programs to reduce the misuse and abuse of prescription drugs | KCCHHS | December 2017 | |

| CHAPS Action Plan II | |
|---|--|
| Kit Carson County | |
| PRIORITY: Tobacco | STRATEGY: Support KCC tobacco coalition, NOT Training, and collaborate with public schools to reduce number of KCC residents who use tobacco/tobacco related products |
| Major Indicator: Monitor and report amounts of tobacco users in KCC through self-reporting (surveys handed out at 9NEWS health fairs, Kids Health Day at public schools, etc.) | |

| Lead Entity: Kit Carson County Health and Human Services | | Supporting Entities: KCCHHS, KCCHSD, State Initiative, The Medical Clinic, Centennial Mental Health | | | |
|---|---|--|----------------------------------|------------------------|---------------|
| Five Year Goals | SMART Objectives | Action Steps | Organizations Responsible | Completion Date | Status |
| Reduce prevalence and incidence of people who use tobacco/tobacco related products in KCC by supporting KCC tobacco coalition | By December 2017, decrease use of tobacco in pregnant women by 10% in KCC | Increase amount of providers trained in Baby and Me Tobacco Free Program | KCCHHS | February 2014 | Complete |
| | | Initiate group meetings that are facilitated by RN's (more successful than one-on-one interventions for support) | KCCHHS | December 2014 | |
| | | Explore funding options for tobacco coalition | KCCHHS | December 2014 | |
| | By December 2017, decrease prevalence of tobacco users by 10% in KCC | Explore funding options for tobacco coalition | KCCHHS | December 2014 | |
| | | Explore increased media promotion for tobacco awareness | KCCHHS | December 2014 | |
| | | Promote public awareness of established programs (i.e Colorado Quit Line) | KCCHHS | March 2014 | |

| CHAPS Action Plan III | | | | | |
|---|---|--|--------------------------|-----------------|--------|
| Kit Carson County | | | | | |
| PRIORITY: Unintended Pregnancy | | STRATEGY: To support Federal Initiative Title 10 Program to decrease unintended pregnancies in KCC | | | |
| Major Indicator: Capture and report data of how many cases of unintended pregnancies in KCC through NFP and Pre-Natal Plus Programs | | | | | |
| Lead Entity: Kit Carson County Health and Human Services | | Supporting Entities: KCCHHS, Nurse Family Partnership, Pre-Natal Plus, KCCHSD, KCCMH, Parke Health Wellness Center, The Medical Clinic | | | |
| Five Year Goals | SMART Objectives | Action Steps | Organization Responsible | Completion Date | Status |
| Reduce incidence of unintended pregnancies in KCC through education and collaboration with community partners | By December 2014, KCCHHS will have gathered data from NFP and PN+ to determine trends of unintended pregnancies in KCC | Initiate discussion with NFP and PN+ regarding data/trends of unintended pregnancies in KCC | KCCHHS | March 2014 | |
| Increase awareness of potential complications (Health and Behavioral) | By January 2015, KCCHHS will have met with KCC medical providers to determine education and plan for electronic medical records, including questionnaire on pregnancies | Initiate discussion with local medical providers regarding e-records and education | KCCHHS | March 2014 | |
| | | Explore programs for education and potential funding, if necessary | KCCHHS | March 2014 | |

| CHAPS Action Plan IV | | | | | |
|---|--|---|--------------------------|-----------------|--------|
| Kit Carson County | | | | | |
| PRIORITY: Obesity | | STRATEGY: Support Federal and State initiatives to decrease the incidence of obesity | | | |
| Major Indicator: Monitor and report BMI status turned in through local medical providers and health clinics | | | | | |
| Lead Entity: Kit Carson County Health and Human Services | | Supporting Entities: KCCHHS, KCCHSD, The Medical Clinic, Prairie Family Center, Burlington Chamber of Commerce, KCC Local Restaurants | | | |
| Five Year Goals | SMART Objectives | Action Steps | Organization Responsible | Completion Date | Status |
| Reduce obesity in KCC based on the Body Mass Index (BMI) | By December 2015, increase access to healthy foods for all KCC residents | Collaborate with Prairie Family Center to aide in creation of local community gardens | KCCHHS | June 2014 | |
| | | Explore funding for creation of local community gardens | KCCHHS | June 2014 | |
| | | Initiate discussion with local restaurants for healthy/low-calorie menu options | KCCHHS | December 2014 | |
| | By December 2017, reduce prevalence of obesity in KCC by 5% | Initiate promotion of educational tools and materials to be provided and distributed to KCC residents | KCCHHS | December 2014 | |
| | | Initiate discussion with local medical providers and health | KCCHHS | June 2014 | |

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| | | clinics to support efforts and promotion of education | | | |
| | | Explore funding options for obesity/behavioral change support for KCC residents | KCCHHS | June 2014 | |

List of Sources

Colorado Department of Public Health & Environment

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| Colorado Behavioral Risk Factor Surveillance System |
| Colorado Central Cancer Registry |
| Colorado Child Health Survey |
| Colorado Environmental Public Health Tracking |
| Colorado Health Statistics and Vital Records |
| Colorado Pregnancy Risk Assessment Monitoring System |
| Community Health Survey Pilot Project |
| Division of Disease Control and Environmental Epidemiology |
| Hazardous Materials and Waste Management Division |
| Safe Drinking Water Information System Database |

Other Colorado State Government Agencies

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| Colorado Bureau of Investigation |
| Colorado Department of Education |
| Colorado Department of Human Services |
| Colorado Department of Labor and Employment |
| Colorado Secretary of State |
| Colorado Youth Risk Behavior Survey |
| State Demography Office |

U.S. Federal Government Agencies

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| CDC My Water's Fluoride |
| CDC National Center for Health Statistics |
| Environmental Protection Agency Air Quality System |
| Environmental Protection Agency EnviroFacts |
| Environmental Protection Agency Superfund Site Information |
| Health Resources & Services Administration |
| US Bureau of Labor Statistics |
| US Census Bureau American Community Survey |
| US Census Bureau County Business Patterns |
| US Census Bureau Small Area Income and Poverty Estimates |
| US Census Bureau State & County Quickfacts |

Other Local and National Organizations

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| Association of Religion Data Archives |
| Centennial Mental Health Centers |
| Colorado Health and Hospital Association |
| Colorado Health Institute |
| Library Research Service |
| National Center for Charitable Statistics |